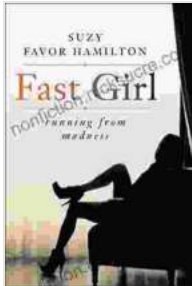


Fast Girl: A Life Spent Running from Madness

In her memoir, *Fast Girl*, Suzy Favor Hamilton recounts her extraordinary journey from world-class runner to a woman struggling with profound mental illness.



Fast Girl: A Life Spent Running From Madness

by Suzy Favor Hamilton

★★★★☆ 4.3 out of 5

Language : English
File size : 611 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Screen Reader : Supported
Print length : 159 pages



Hamilton was a gifted athlete from a young age and went on to become an Olympic medalist and professional runner. But behind her success, she was battling a hidden struggle with mental illness.

In her book, Hamilton openly and honestly shares her experiences with bipolar disorder, depression, and anxiety. She describes the intense mood swings, hallucinations, and suicidal thoughts that plagued her for years.

Running was Hamilton's refuge, a way to escape her inner turmoil. She would run for hours on end, sometimes until she collapsed from

exhaustion. Running gave her a sense of control and accomplishment, but it also became a way to punish herself.

Eventually, Hamilton's mental illness became so severe that she could no longer ignore it. She was hospitalized several times and underwent extensive therapy.

Through her treatment, Hamilton learned to manage her symptoms and rebuild her life. She found a new love in her husband, Mark, and became a mother to their two children.

Hamilton's story is a powerful reminder that mental illness can affect anyone, regardless of their success or status. It is a story of hope and resilience, and a testament to the power of the human spirit.

The Early Years

Suzy Favor Hamilton was born in Stevens Point, Wisconsin, in 1968. From an early age, she showed a phenomenal talent for running.

At the age of 12, Hamilton won her first national championship. She went on to become a three-time All-American at the University of Wisconsin and a two-time Olympian.

In 1992, Hamilton won a bronze medal in the 1500 meters at the Olympic Games in Barcelona. She also set several American records in the middle distances.

The Struggle with Mental Illness

Behind her athletic success, Hamilton was struggling with a hidden secret. She had been diagnosed with bipolar disorder, but she kept her illness a secret from everyone, including her coaches and teammates.

Hamilton's bipolar disorder manifested itself in extreme mood swings. She would experience periods of intense euphoria followed by deep depression.

During her manic episodes, Hamilton would engage in reckless behavior, such as spending sprees and risky sexual encounters.

When she was depressed, Hamilton would withdraw from the world and spend days in bed. She would also experience suicidal thoughts.

Running was Hamilton's way of coping with her mental illness. She would run for hours on end, sometimes until she collapsed from exhaustion.

Running gave her a sense of control and accomplishment, but it also became a way to punish herself.

The Breaking Point

In 2001, Hamilton's mental illness spiraled out of control. She was hospitalized several times and underwent extensive therapy.

Through her treatment, Hamilton learned to manage her symptoms and rebuild her life. She found a new love in her husband, Mark, and became a mother to their two children.

Hamilton's story is a powerful reminder that mental illness can affect anyone, regardless of their success or status. It is a story of hope and resilience, and a testament to the power of the human spirit.

The Road to Recovery

After years of struggling with mental illness, Hamilton finally found a way to control her symptoms. She credits her husband, Mark, with helping her through her darkest times.

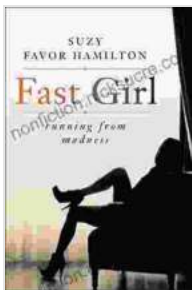
Hamilton also found solace in running. She continued to run, but she now used it as a way to stay healthy and sane.

In 2011, Hamilton published her memoir, *Fast Girl*. The book quickly became a bestseller and was praised for its honesty and candor.

Hamilton's story has inspired countless people who are struggling with mental illness. She is a role model for anyone who is looking for hope and healing.

Suzy Favor Hamilton is a remarkable woman. She has overcome incredible odds to become a successful author, speaker, and advocate for mental health awareness.

Her story is a testament to the power of the human spirit. It is a story of hope, resilience, and triumph.



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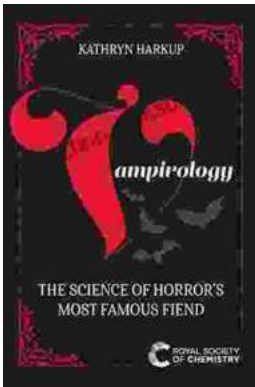
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